

LET'S HAVE FUN DISCOVERING

Disney Princess recipes

This Cookbook Is Absolutely Enchanting!

Gordon Rock



Let's Have Fun Discovering Disney Princess Recipes

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Introduction



In this book you will find two types of recipes. You will find a mix of recipes we have recreate from your favorite Disney movies. Of course, they are associated specifically with Disney princess's movies such as Snow white, Beauty and the beast, Cinderella, The little mermaid, Sleeping beauty, Mulan and more. We will give you the context once we describe each recipe individually. You will be able to transport yourself into the Disney story and explain to your children or for your own information. This might help you set up your table nicely or decorate the serving plates around the appropriate theme.

We will also be sharing recipes that are exciting, which the princesses did not really eat in their movies, but that we feel are princess worthy enough to be included in this book. Perhaps because they are full of sparkles or colors

or because they are fancy enough. Being a princess for a day or enjoying a magical meal is all about the imagination.

Now you could turn any of your regular recipes into fairy tale inspired creations. Remember we are just here to help make things easy for you, you can open this book and discover a variety of recipes you can always count on when you wish to prepare a princess themed meal.

There is something magical about princesses, something that is hard to describe until you experience it. That is exactly what we will try to convey with the recipes included in this book. Make it memorable for your little girl and buy her a themed princess dress or at least a tiara. Perhaps all you need is a good cup of tea with your girlfriends, or other princesses to feel like one, on a cold winter day. Then go for it! If you feel like a princess in your warmest and cutest pajamas? More power to you!

Let's bring on these fun recipes and enjoy fully.

The Best Gingerbread Cookies Ever



If you remember correctly, we said we would add on some sparkles on some of our recipes. Here it is! Gingerbread dough transpires Holiday spirit, party, fun and the sprinkles of sugar, have princess written all over them! So, this seems like a winning recipe! Follow our lead! **Servings:** 18-24

Preparation Time: 45 minutes

Ingredients:

- 1 ½ cup coconut oil (room temperature)
- 2 cups brown sugar

- 3 medium eggs
- 1 cup molasses
- 1 tsp. vanilla
- 4 cups all-purpose flour
- 3 tsp. baking soda
- 2 tsp. baking powder
- Pinch salt,
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1 tsp. Ground ginger

Method:

1. Preheat the oven to 35 degrees F.
2. Grease a baking sheet or cookies sheet and set aside.
3. In a large bowl, mix the dry ingredients first: brown sugar, flour, all spices, salt, baking powder and baking soda.
4. In a different bowl, mix the wet ingredients: eggs, coconut oil, molasses, vanilla.
5. Then pour the wet ingredient into the dry ones and mix very well.
6. Then, use your hands to work the dough.
7. Use a small glass as a cookie cutter, you should fit about 12 cookies per baking sheet.
8. Bake the cookies for about 12 minutes.
9. Let them cool down and bake a second batch.
10. Enjoy with a cold glass of milk.

Tina's Extra Delicious Gumbo



Who is Tina you may ask? Tina is this gorgeous dark hair, dark skin princess from the Disney movie “The princess and the frog”. Do not worry no one will be transformed into a frog when eating this Gumbo. You will enjoy the spiciness of it and if you are messy little ladies, I suggest you cover up your nice princess dress while eating this yummy dish.

Servings: 4-5

Preparation Time: 1.5-2 hours

Ingredients:

- 3 Tbsp. all-purpose flour
- 2 tbsp., salted butter
- 1 large chopped yellow onion
- 1 chopped green bell pepper
- 3 chopped celery stalks
- 1 large chopped zucchini
- 5 minced cloves garlic
- ½ pound sliced andouille sausage or Italian sausage, as you prefer
- 1-pound medium uncooked shrimp (deveined and peeled)
- 5 cups vegetables bouillon
- 1 large can of crushed tomatoes
- 2 tbsp. tomato paste
- 1 cup salsa Verde
- Salt, black pepper
- 1 Tbsp. Tabasco sauce
- 1 Tbsp. cayenne pepper

Method:

1. First, you must cook the roux. You will use the butter and flour to do so.
2. In a large saucepan, melt the butter and add the flour, little by little, stirring constantly. Keep the roux on medium heat and continue to stir for about 20 minutes. Your mixture will become brownish and it is perfect.
3. Add next the chopped veggies: pepper, onions, celery, zucchinis and garlic. Cook the vegetables for about 10 minutes.

4. Next, it's time to add the seasonings and the sausage. Continue stirring and cooking for about 10 minutes.
5. Finally add the shrimp and cook until they become pink.
6. To finalize the recipe, you do need to add the bouillon and the crushed tomatoes. You will also top it off with the Tabasco sauce.
7. Stir all the ingredients very well and keep the gumbo cooking for about an hour on low temperature.
8. You obviously want to serve this dish warm. It is delicious on a bed of rice or plain couscous.

Cinderella Yummiest Pumpkin Donuts



Cinderella certainly does not need any introduction. We all know how hard she worked for her evil stepmother and step sisters until she meets her prince charming. Do you remember why she had to come back before midnight? That's right! The chariot would transform back into a pumpkin! No worries, we have some good use for pumpkin in this recipe. Although donuts might be labeled as junk food, not so fitting for a princess diet, this recipe is overall healthy and certainly yummy.

Servings: 12-16

Preparation Time: 30 minutes

Ingredients:

- 2 cups all-purpose flour

- 1 cup tapioca flour
- 2 Tbsp. baking powder
- Pinch salt
- 1 cup coconut palm sugar
- 2 large eggs
- 1 cup pumpkin puree (from a can)
- ½ cup sour cream
- 2 Tbsp. coconut oil (room temperature)
- ½ tsp. ground nutmeg
- ½ tsp ground cinnamon
- ½ tsp. ground ginger

Method:

1. You can decide to deep fry the donuts or bake them.
2. If you decide to bake them, preheat the oven to 425 degrees F.
3. In our case, we will choose to deep fry the donuts.
4. Preheat the fryer to 425 degrees F.
5. In a large bowl, mix the dry ingredients: baking powder, ginger, cinnamon, nutmeg, coconut palm sugar, both flours and salt.
6. In a second bowl, combine the wet ingredients: sour cream, coconut oil, eggs, pumpkin puree.
7. Finally, combine both mixtures and stir until the batter has no more lumps.
8. Then, it's time to fry the donuts! Use a cookie cutter or a cup to make the donuts.
9. Dump about 3 or four donuts at a time and fry them for about 5 minutes.
10. Remove and repeat until all the batter is gone.

11. Keep the donuts on paper towel to absorb the excess oil.
12. You can use some powdered sugar if you like, but it is not necessary.

Pink Princess Popcorn



Because it's pink and sweet, it's princess like! Don't you agree! I don't think any other popcorn could look more princess like to me than this one. So ready or not, here is the recipe. You could of course buy this pink candied popcorn in most stores, but that would not as fun, right?

Servings: 4-6

Preparation Time: 30 minutes

Ingredients:

- ¼ cup cherry juice
- ¼ cup coconut oil (room temperature)
- Pinch salt
- 3 Tbsp. white sugar
- 2 cups popcorn kernels

Method:

1. Heat in a large saucepan the coconut oil. (about half of what you have)
2. Cook the kernels until most of them have popped. Stir often so it does not burn.
3. Meanwhile, in a small saucepan, mix the cherry juice, sugar, rest of coconut oil and salt on medium heat, until all ingredients are well combined, and the sugar completely melted.
4. You will use this sauce to pour on the popcorn.
5. Mix very well and let the popcorn turn reddish or pink.
6. Enjoy!

Corn Cookies with Extra Sugar Touch



These corn cookies are absolutely delicious. What makes them special and princess worthy? The large sugar crystal of course! Make sure you do find it in the store, if not, ask a store associate, if not, this recipe will not be the same.

Servings: 12-18

Preparation Time: 45 minutes

Ingredients:

- 2 cups cornmeal
- 1 cup almond flour
- 1/2 cup brown sugar
- 2 eggs
- ½ tsp. almond extract
- 2 Tbsp. unsalted butter
- 1 tsp. baking power
- ½ tsp. baking soda
- Pinch salt
- Pinch turmeric
- ¼ cup large white sugar crystals

Method:

1. Preheat the oven to 325 degrees F.
2. Grease a large baking sheet and set aside.
3. In a mixing bowl, combine the cornmeal, almond flour baking powder, baking soda, salt, turmeric and brown sugar.
4. In a separate medium bowl, mix well the butter, the almond extract and eggs.
5. Add the wet ingredients to the dry ones and combine well.
6. Drop the cookie dough on the baking sheet, to make about 8 cookies per sheet.
7. Add the large crystal; of sugar on top of each cookie (sprinkle them over).
8. Bake in the oven for about 12-15 minutes.
9. Let the cookies cool down and then you can start enjoying.

Princess Inspired Burger



Really? Princesses eat burgers? Sure, remember princesses can eat whatever they want in their pretend world! Especially if there is a touch of pink in the burger, as suggested by this recipe. In this case, the pinkest touch comes from this beet salad we are using as delicious topping on this burger. Stay tuned for the recipe.

Servings: 4

Preparation Time: 35 minutes

Ingredients:

- 1-pound ground turkey meat
- ¼ cup Italian breadcrumbs

- 1 egg
- 1 minced clove garlic
- 1 large fresh beet
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. olive oil
- 1 Tbsp. Dijon mustard
- Salt, pepper
- Lettuce
- 4 burger buns of your choice

Method:

1. Boil water with salt in a saucepan and cook the beet for 20 minutes.
2. Once it is we cooked, use a cheese grater to grate the cooked beet in a bowl.
3. In the same bowl, add the vinegar, balsamic vinegar, olive oil, Dijon mustard, salt and pepper. Set aside the beet mixture in the refrigerator and proceed with making the burgers.
4. In a bowl, place the ground meat, the breadcrumbs, garlic and egg.
5. Form 4 patties with your hands.
6. Heat a little olive oil, cook the burger patties until well done.
7. Assemble the burger with some lettuce, perhaps some mayonnaise, the beet salad on the bun chosen.
8. Enjoy your princess burger with a side of chips or potato salad.

Let's Drink Like a Disney Princess



Pretty pink drinks and frosted cups, we have a princess drink for sure in our hands! Let us go through the steps on how to make this sweet and tasty drink for you and all your princesses friends. You don't have to wait for a birthday party to serve it, you can have it prepared for a Saturday night movie by serving these drinks or perhaps even play princess dress up after!

Servings: 2

Preparation Time: 20 minutes

Ingredients:

- 2 cups soy milk

- ½ cup vanilla Greek yogurt
- 1 cup fresh strawberries
- ½ tsp. vanilla extract
- 4-6 large marshmallows
- 2 Tbsp. whipped cream
- 2 Tbsp. crushed pink and white candies

Method:

1. In a blender, place the vanilla yogurt, soy milk, strawberries and vanilla extract.
2. Blend until the texture is smooth.
3. Crush the candies chosen and set aside.
4. Use 2 tall glasses, dip the edges with whipped cream.
5. Then dip the edges again in the crushed candies.
6. Finally pour the drink mixture in each glass and add few marshmallows on top.
7. Of course, also serve with fancy straws. Noting too good for a princess!

The Poisoned Apples from Snow White Movie



Do not worry too much. No one is going to die or faint biting into this type of apple. Sure, we will replicate how appetizing the apple looks from the Snow White movie, but it is as safe as can be to eat, I promise. Although I will suggest using some red delicious apples to make this treat, you could very well use any other red colored apple, like Gala or Fuji apples for example. Enjoy and have fun playing pretend ‘poisoning’ your worst enemy or your best friend!

Servings: 4

Preparation Time: 45 minutes

Ingredients:

- 4 large Red delicious apples
- ½ cup corn syrup
- 2 cups coconut palm sugar
- ¾ cup coconut water
- Food coloring (red or the color of your choice)

Method:

1. Wash the 4 apples and set them aside.
2. In a saucepan, place the coconut palm sugar, corn syrup, coconut water along with the red coloring agent.
3. Bring to boil.
4. Insert a Popsicle stick in each apple
5. Dip each apple separately in the boiling syrup.
6. Then immediately after, place in the freezer for about 30 minutes.
7. Remove from the freezer and leave in the refrigerator until ready to bit in it.

Alice In Wonderland Heart Shaped Cookies



Alice in wonderland takes us into her imaginary world. Although she does not fall under the princess category per say, she sure does look like one and she sure does invite us to many different yummy treats in her movie. So, we did get inspire by the playing cards and created these heart shaped cookies for you. Enjoy!

Servings: 4-6

Preparation Time: 30-60 minutes

Ingredients:

- Cookie dough: 2 cups all-purpose flour
- Pinch salt
- $\frac{3}{4}$ cup unsalted butter
- 1 tsp. almond extract
- $\frac{1}{2}$ cup confectioners' sugar

Filling: $\frac{1}{2}$ cup grape jam (your favorite brand works)

Topping: $\frac{1}{2}$ cup powdered sugar

Method:

1. Preheat the oven to 350 degrees F.
2. In a bowl, first whisk the flour with salt first.
3. Secondly, add the butter a little by little.
4. Use a hand mixer, to mix well and add also the almond extract.
5. When done, divide the dough in half. Place the dough in the refrigerator for about 30 minutes on a parchment paper.
6. Once it has been 30 minutes, remove from the dough from the fridge and get your heart shaped cookie cutter ready!
7. Use some additional flour and sprinkle the kitchen counter with it so the dough does not stick.
8. Use the cookie cutter to cut as many heart shaped halves as possible with the dough you have.
9. Use the baking sheet, place of half and then fill with about a teaspoon of jam and top it off with another half.
10. Bake in the oven for about 15 minutes.

11. When still hot, sprinkle some powdered sugar all over the cookies.
12. Love these cookies until they are gone!

Princess Refreshing Green Tea



As we mentioned before, tea or not, you can drink like a princess in fancy teas cups. We decided to prepare a very refreshing green tea for everyone. Don't forget to decorate it with fresh fruits, it makes it even more appealing and princess like, I must say. You can prepare this recipe in advance and let the fruits soak it, makes it tastier.

Servings: 4-6

Preparation Time: 15 minutes

Ingredients:

- 6 Green Tea bags

- 6 cups of boiling water
- ½ cup agave syrup
- ½ cup lemon juice
- ½ cup lime juice
- 1 cup orange juice
- 2 Navel oranges
- 1 lemon
- 1 lime
- 1 cup lemon juice

Method:

1. Boil the water and let the green bags infuse in the water for about 10 minutes.
2. Remove the bags and pour the infused water into a pitcher of your choice.
3. Add the orange juice, the lime and lemon juice and stir well.
4. Cut all the fruits into wedges (oranges, lemon, lime) and add the fruits into the pitcher as well.
5. Place in the refrigerator for at least 1 hour before serving.
6. Serve in pretty glasses or cups with ice cubes.

Princess Inspired Sushi



When you think sushi, you think pretty displays. It is true with the traditional rolls, but what we are proposing you to create here is even more special. We will prepare the sushi in a large desert cup with all the toppings we would normally include in sushi rolls and make sure it includes plenty of colors. Then, with a fork or chopsticks, each princess can certainly eat up this wonderful fresh sushi.

Servings: 3

Preparation Time: 20 minutes

Ingredients:

- About 2 cups of cooked sushi rice
- 1 cup small cooked shrimp
- 1 small sliced seedless cucumber
- 1 cup seasoned black beans
- 1 diced ripped peeled avocado
- 2 -3 small yellow cherry tomatoes cut in halves
- 1 Tbsp. black sesame seeds
- 1 Tbsp. regular toasted sesame seeds
- Ginger, wasabi and soya sauce

Method:

1. In a bowl, mix the rice with both types of sesame seeds.
2. Divide the rice in 3 serving bowls.
3. Divide the shrimp also in the 3 serving bowls.
4. Decorate each bowl already with shrimp and rice with additional veggies.
5. Also, add a generous tablespoon of the seasoned black beans.
6. Leave the wasabi, soy sauce and ginger on the table for everyone to use as much as they want.

Magic Fruity Brochettes



If you ask me my opinion, anytime some stars, rainbow of colors, hearts or winds are involved, I think magic, Disney movies and well, yes, princesses. So, let's create all of this by using some brochettes (French word for skewers). What is important is to really play with the colors and shapes. Be as creative as you want to be!

Servings: 8-12

Preparation Time: 10-15 minutes

Ingredients:

- 8-12 wooden skewers
- 1 cup fresh blue seedless grapes
- 2 cups whole fresh strawberries

- 2 slices (thick) bananas
- ½ honey dew melon, cut and shaped as stars
- 1 Tbsp. lime juice
- 1 Tbsp. orange juice

Method:

1. In a small bowl, mix the lime juice and orange juice together. Set aside.
2. Prepare all the fruits in the appropriate shapes. You can play with the honey dew melon and bananas especially and make them as thick or small as you want.(Not too small so they can fit nicely on the skewers).
3. Poke the fruits in on the skewers so it looks pretty.
4. Brush the juice on the fruits before serving and it will help the bananas to avoid turning brown.
5. Refrigerate until ready to serve.

Princess Caesar Salad



Let's make a sublime salad for our princess to help her keep her small waist always! This salad is princess worth, it includes some fresh endives and anchovies. We are making in this case something that is really like a Caesar salad, but fancier, that's all.

Servings: 2

Preparation Time: 10 minutes

Ingredients:

- 2 endive heads- sliced lengthwise
- 1 Tbsp. capers

- 3 Tbsp. shredded Parmesan cheese
- Handful of your favorite garlic seasoned croutons
- A Few anchovies (if you like them)
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 Tbsp. lemon juice
- ½ tsp. Dijon mustard
- 1 tsp. balsamic vinegar
- Salt, pepper

Method:

1. Start by washing carefully the endives leaves and display them in 2 different plates.
2. In a small bowl whisk the olive oil, mustard, garlic, vinegar, salt, pepper and lemon juice together.
3. Place some anchovies and capers on the leaves.
4. Sprinkle the Parmesan cheese as well.
5. Drizzle the vinaigrette you created on top of the salad and serve right away.

Pink Marshmallows Treats



These marshmallows on stick will make a big impression at your next princess party! I usually advise to mix and match white and pink large marshmallows on regular lollipops sticks or anything more original you might find at your favorite party store. Then, let's dip the yummy marshmallows into some various ingredients to make them sparkle and look even more appetizing.

Servings: 4-6

Preparation Time: 30-60 minutes

Ingredients:

- 12-16 large marshmallows (pick your color)
- 12-16 lollipop sticks or large toothpicks
- $\frac{3}{4}$ cup whipped cream cheese frosting

- Sprinkles or crushed candies of your choice

Method:

1. Simple set up the marshmallows with the stick and get a serving plate out.
2. In a bowl, place the frosting and in another one the toppings you decided on (sparkles or candies)
3. First dip the marshmallows in the frosting and then simply in the topping chosen.
4. Serve them room temperature.

Princess Strawberry Shortcake



If I was a princess, I would probably order strawberry shortcakes every day. Since we know it is not too healthy to eat that much sugars all the time, we decided to offer you a good breakfast alternative. Let's make some coconut flour pancakes and add some strawberries topping made with yogurt mixture. It is just fabulous!

Servings: 4

Preparation Time: 30 minutes

Ingredients:

- 1 cup sliced fresh strawberries
- 1 ½ cup coconut flour
- 1 large egg
- 3 Tbsp. coconut oil (room temperature)
- Pinch salt
- 3 Tbsp. coconut palm sugar
- ½ tsp. vanilla extract
- 1 cup Greek plain yogurt

Method:

1. Let's prepare the pancake mixture first.
2. In a bowl, mix the coconut flour, sugar and salt. Add gradually the coconut oil, egg and combine well.
3. In a pan, heat some additional coconut oil and pour ¼ of pancake batter.
4. Cook each pancake and then set aside.
5. In a bowl, mix the yogurt with vanilla.
6. Plate each pancake with some yogurt and fresh strawberries and enjoy!

The Pocahontas Adult Beverage of Choice



Pocahontas from the Disney princess movie is striving to be at one with nature. She is a free-spirited princess but also is very wise and adventurous for her age. This drink is for adult princesses only, I must say, since it does contain alcohol. The colors and flavors are as natural as it looks and so much more.

Servings: 2

Preparation Time: 10 minutes

Ingredients:

- 2 cups coconut milk

- 2 ounces Amaretto
- 2 ounces cream of Baileys
- 2 ounces Frangelico
- Ice cubes

Method:

1. In a drink shaker, mix all ingredients, including the ice.
2. Pour the outcome into 2 tall glasses.
3. Enjoy when the kids are in bed!

Crown's Sandwiches



Tiaras and crowns are kept in the castle, where princesses and princes live. So, it's just natural to shape your sandwiches for your next princess get together as crowns. It does not matter what kind of sandwiches you prepare, really, you can simply ensure to choose very fresh sandwich read to cut them shaped like a crown.

Servings: 4 (a few sandwiches each)

Preparation Time: 20 minutes

Ingredients:

- 8 slices fresh white or wheat sandwich bread slices
- 4 large Swiss cheese slices
- 8 thin slices Black Forest ham
- Little yellow mustard

- Sharp knife-or cookie cutter

Method:

1. Simply make the sandwiches as you would normally
2. Spread mustard and add ham and cheese.
3. Use the cookie cutters to make crowns out of the sandwiches.
4. Eat them, don't wear them!

Ariel's Favorite "Pearled Cookies"



Ariel is the princess from the Disney movie "The little Mermaid". So, to bake some cookies shapes like a clam containing a pear is just perfect. You can choose to color the inside of the clam or shell however you want, I usually choose pink for princess or blue for water, but the sky is the limit!

Servings: 12

Preparation Time: 15 minutes

Ingredients:

- 24 sugar cookies
- 1 package cream cheese (room temperature)

- 1 Tbsp. food coloring of your choice
- 12 hard white round candies (mint or other)

Method:

1. If you have your favorite store-bought sugar cookies, go for it
2. If not, go ahead and get your favorite sugar cookies recipe and start working!
3. You will use the cream cheese and mix it in a bowl with the food coloring you chose.
4. When you have your cookies out, you will use 2 of them to assemble.
5. You will spread generous portion of cream cheese on one cookie and then place the other one not quite on top, but at an angle to make it look like a calm.
6. Finally place that white candy in the middle to imitate that precious pearl.

The Princess and The Frog: Marvelous Beignets



When I think beignets, I think New Orleans, Louisiana. Well, that's one way to think. You can also remember the delicious beignets from the Disney movie "The princess and the frog". So, just like Tiana, the princess starring in this movie, get your sleeves up get busy in the kitchen!

Servings: 8-12

Preparation Time: 30 minutes

Ingredients:

- 3/4 cups tapioca flour
- 1/3 cup white sugar

- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1tsp. baking soda
- Pinch teaspoon salt
- Pinch cinnamon
- 1 cup sour cream
- 1/3 cup water
- 1 large egg
- 1 tsp. vanilla extract
- Corn oil for frying

Method:

1. In a mixing bowl, combine half of the flours with the white sugar, cinnamon, salt, baking powder, baking soda.
2. Start heating the oil in a large saucepan.
3. Add the egg, sour cream, vanilla, and water.
4. Sprinkle some flour on your kitchen counter.
5. Roll the dough and form some small bites or beignets.
6. Then it's time to fry the beignets.
7. Drop carefully 3 or 4 at a time.
8. Fry for 5-7 minutes or until golden.
9. Remove and place on paper towels to let the extra oil absorbed.
10. Enjoy with a good coffee or hot chocolate.

Merida's Cookies



Merida is the princess from the Disney movie “Brave” and these superb cookies seem to be reflecting upon her taste and ours. No one can resist a cookie with a cherry on top, or can they? Get your tea or glass of milk princesses, because you are about to taste some very yummy treats.

Servings: 12

Preparation Time: 10-15 minutes

Ingredients:

- maraschino cherries, roughly chopped into halves
- 1 cup raspberry jelly
- 24 sugar cookies
- ½ cup vanilla frosting

Method:

1. Lay the 12 of the 24 cookies on a serving plate.
2. Spread a teaspoon of raspberry jam on each cookie.
3. Add another cookie on top to make a sandwich.
4. Also, spread some icing on top of the cookies, and top it off with the cherries.
5. Enjoy every bite of it!

Sleepy Beauty's Multi-Core Cake



Aurora is the gorgeous sleeping beauty princess. Nothing too beautiful and sweet for her and that's why we decided to create these tasty marbled cupcakes. So, perhaps will she wake up upon the smell of the cake or does she still need a kiss from her prince charming?

Servings: 12

Preparation Time: 30-60 minutes

Ingredients:

- 2 1/2 cups all-purpose flour
- 1 tsp. baking powder
- Pinch salt

- 1 cup white sugar
- 1 stick unsalted butter
- 2 medium eggs
- 1 tsp. vanilla extract
- 1 tsp. blue-turquoise food coloring
- 2 tsp. pink food coloring

Method:

1. Preheat the oven to 350 degrees F.
2. Grease a 12 holes muffin pan.
3. You will 3 mixing bowls.
4. In the first one, mix the dry ingredients: sugar, flour, salt, baking powder,
5. In the second one, choose a large one, add the wet ingredients: butter, eggs, and vanilla. Stir and then incorporate the dry ingredients gradually while stirring.
6. You now have your main plain batter.
7. Separate this amount in 2, use the extra bowl for the second part.
8. Add the food coloring's respectively in each bowl so you can 2 batters of the chosen colors.
9. Then, it's time to pour the batters in the muffin pan.
10. I use the darker color first and fill up 1/3 of the paper cup or greased hole.
11. Then, I use the lighter batter and do the same on top of the first one.
12. Finally, I use a knife and create swirls until I am happy with effects.
13. Bake in the oven for about 35 minutes.

14. Let the cupcakes cool down and you can ice them or not, it's up to you.

The Happiest Porridge from Mulan's Story



Mulan is the princess is from the Disney movie with the same title. This very brave princess will be praised by the Emperor and citizens of China for many reasons, including how fierce she is. The original recipe for this porridge is very plain, although the bacon does add a kick and some saltiness. One thing is sure, it is a nutritious and hearty start of the day, for a princess full of energy like Mulan.

Servings: 2-3

Preparation Time: 30-60 minutes

Ingredients:

- 1 cup white rice (I like jasmine, but you can choose your favorite)
- 2 ½ cups vegetables stock
- 1 tsp. salt, pepper
- ½ cup cottage cheese
- 1 pieces of bacon per plate (3)
- 2 eggs per plate (6)

Method:

1. Bring the vegetables broth to boil and cook the rice according to the instructions on the package or how you normally cook it.
2. Meanwhile, cook the bacon either in a pan or the microwave, your choice.
3. Also get another pan ready to cook the eggs. Make sure you do cook them over easy to make them look like 2 eyes on the plate.
4. Season with salt and pepper of course when cooking the eggs.
5. When the rice is cooked, mix in the cottage cheese.
6. Set a bed of rice on each plate.
7. Add a piece of bacon as a smile and 2 cooked eggs per plate for the eyes.
8. Enjoy and smile!

Rapunzel's Deluxe Chocolate Chips Cookies



Rapunzel is the beautiful, very long hair princess from the Disney movie “Tangled”. Apparently, the chocolate cookies are what she might have been baking when she was confined into the tower. Not a bad idea, if you are asking me, and how did she manage to keep her weight down, that’s what we all want to know, right? Let’s make cookies and eat happily ever after!

Servings: 12-18

Preparation Time: 30-60 minutes

Ingredients:

- 2 cups all-purpose flour
- 1/2 cup wheat flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- Pinch salt
- ¼ cup melted unsalted butter
- 2 medium eggs
- 1 tbsp. vanilla extract
- 1 cup brown sugar
- 1 cup semi-sweet chocolate chips

Method:

1. Preheat the oven to 350 degrees F.
2. Grease a baking sheet and set aside for now.
3. In a mixing bowl, mix together both flours, baking soda, brown sugar, baking powder, and salt.
4. In a second bowl, combine the butter, eggs, and vanilla.
5. Then, finally combine the wet and dry ingredients and mix well, before adding also the chocolate chips.
6. When the texture is good, drop the cookie dough on the baking sheet and then place in the oven for 12-15 minutes.
7. The recipe should allow to make at least 2 batches.
8. Eat as soon as it cools down a little!

Snow White's Gooseberry Pie



When you look at gooseberries, they look like green seedless grapes. But I can assure you that they taste very different. They are nutritious, for about 100 grams of gooseberries, you will find 1/3 of your vitamin C intake for that day and only about 45 calories. People often use them to make jellies or jams, but in snow white, they are baked into a pie, so a pie it is for us as well.

Servings: 4-6

Preparation Time: 30-60 minutes

Ingredients:

- Pie crust (top and bottom)
- 2 cups gooseberries

- 1 cup white sugar
- 2 Tbsp. coconut oil
- 1 Tbsp. cornstarch
- 1 Tbsp. lemon juice
- Pinch cinnamon
- Pinch salt

Method:

1. Preheat oven to 375 degrees.
2. In a saucepan the gooseberries, sugar, coconut oil, lemon juice and cornstarch.
3. Bring to medium heat and stir occasionally.
4. Cook for 20 minutes.
5. Place the bottom part of the pie crust on the pie pan and set aside.
6. Once the gooseberries are done cooking, go ahead and pour the mixture into the pie crust.
7. Add the top part of the pie crust and bake in the oven for about 30-35 minutes.
8. Serve with vanilla ice cream or whipped cream, as you wish.

Unique Beauty and The Beast Cheese Soufflé



Last but not least, the Disney movie “The beauty and the beast” inspired to create this delicious cheese soufflé. Apparently, Belle was successful at impressing everyone with this dish, and so will you. Follow this recipe and you can be crowned as the princess of the kitchen tonight for sure!

Servings: 4

Preparation Time: 50-60 minutes

Ingredients:

- ¼ cup unsalted butter (room temperature)

- 4 tsp all-purpose flour
- 1 Tbsp. cornstarch
- 2 cup cold whole milk
- Pinch salt
- Pinch cayenne pepper
- 6 medium eggs
- 2 cups shredded Mozzarella
- 1 Tbsp. fresh minced parsley
- 1 Tbsp. fresh minced chives

Method:

1. Preheat the oven to 400 degrees F.
2. In a medium saucepan, melt the butter and the cornstarch and flour.
3. Stir to make a roux and once that is done.
4. Add the milk and continue to stir constantly on medium heat until it thickens.
5. Add the salt and cayenne pepper and some cornstarch as needed.
6. Next add the cheese and continue stirring until the cheese has melted completely.
7. In a pan sautéed the fresh herbs in butter and place in a greased square pan.
8. Pour the rest the cheesy mixture on top and place in the oven.
9. Bake for 35-40 minutes.
10. Serve warm.

Conclusion

We certainly hope you had as much fun as we did preparing some of the princesses' culinary dishes in the book. We definitely had a ton of fun putting this cookbook together for all the princesses to there who are too many times overlooked. Again, let us emphasize, that the dresses and fancy palaces are not what makes you a princess, but put with the right attitude and charm you can become who you want for a day, certainly a princess if that is what your heart desires.

To prepare and serve some of the princess recipes we shared with you in this book is thrilling. It is almost like you are telling a story to your family or your guests. I have in the past printed a summary of the story behind the recipe and hand it out on fancy parchment paper as part of the service. I also found some very attractive, cheap plastic silver like dishware in department store before, just add that little extra to the serving of your dish or desert. Of course, if you do own a fancy tea set, having a princess tea party can rock your Saturday afternoon for sure!

Finally, remember that you can always change the recipes with the ingredients you have at home and make them your own. Add more or less sprinkles or frosting to your deserts. Use a little more whipped cream, ice cream or yogurt on top of a warm pie. Use more or less spices in your gumbo, add some fruits in your fresh sweet tea. No one wants to be a princess if it means eating right all the time. So, spoil yourself and indulge some yummy treats and special dishes!

Author 's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book!

I know you could have picked from many other books but you chose this one. So a big thanks for downloading this book and reading all the way to the end.

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Thanks for your Reviews!

Gordon Rock